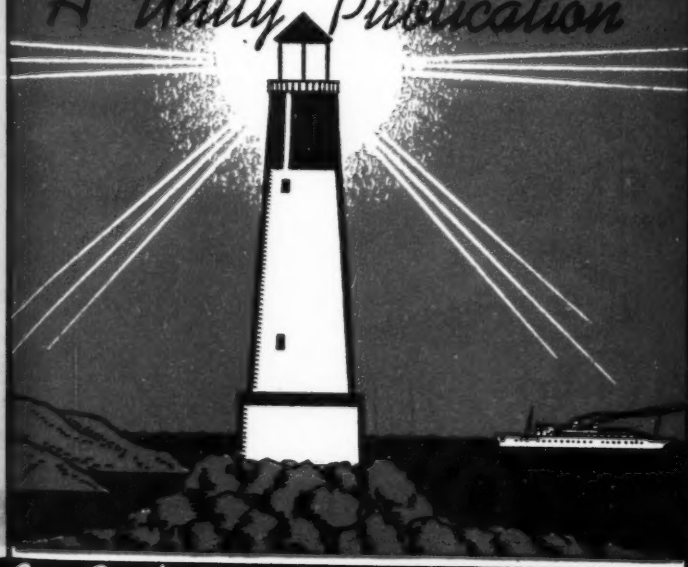


JUNE, 1917

1917...IT A YEAR

# DAILY WORD

*A Unity Publication*



*For Each New Day...* **THE RIGHT WORD  
FOR YOUR INSPIRATION**

## SOCIETY OF SILENT UNITY

# Affirmations

MAY 20 TO JUNE 19

Daily at 11 a. m. join us in this thought for spiritual illumination:

**The Spirit of truth glows in my soul, and I  
realize that Christ guides me.**

At 9 p. m. each night let us acknowledge the healing power of  
Spirit with this prayer:

**I see myself as God sees me, strong, robust,  
healthy.**

At high noon each day concentrate your attention on this  
thought for prosperity:

**The Spirit of industry, energy, and honesty  
now stirs me to action, and I am truly  
prosperous.**

Unity Daily Word is nonsectarian, published monthly. Single copies may be obtained at Unity libraries and newsstands at 15 cents. Subscription, \$1 a year. Braille subscriptions are sent free to the blind who are familiar with Grade 1½. These gifts are made possible by love offerings.

We also publish *Good Business*, *Progress*, *Wee Wisdom*, *Unity*, *Weekly Unity*, and *Unity Sunday School Leaflet* at \$1 a year each.

Subscriptions, renewals, requests for Prosperity Banks, changes of address, book orders, or checks and money orders for publications should be sent to the Publishing Department.

Entered as second-class matter June 13, 1924, at the post office at Kansas City, Missouri, under the act of March 3, 1879. Accepted for mailing at the special rate of postage provided for in section 1103; act of October 3, 1917, authorized June 13, 1924.

When asking us to change your address, please be sure to state which of our magazines you are receiving, and whether you are now using a Prosperity Bank.

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# DAILY WORD

Vol. 30

JUNE, 1939

No. 6

PUBLISHED BY THE UNITY SCHOOL OF CHRISTIANITY  
FORMERLY EDITED BY FRANK B. WHITNEY. NOW EDITED UNDER  
THE SUPERVISION OF SILENT UNITY.

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

## *Silent Unity Comments*

Next month is a particularly happy season as it brings the Fourth of July holiday, vacation trips to favorite spots, and countless midsummer enjoyments.

For DAILY WORD it is an especially blessed month, for it brings another birthday, the fifteenth since the first issue of the magazine came off the press in July, 1924. These fifteen years have been filled with many enriching experiences, many developments both spiritual and material, much happiness.

We are indeed grateful for the growth and progress that have been made, and for the ever-increasing number of readers who pause with us

each day to study and pray and meditate.

As a birthday gift to all its friends, the entire July issue of DAILY WORD—with the exception of the lessons on the class illumination, healing, and prosperity thoughts—will be a reprint of former lessons, poems, and articles that have been requested by those who found special inspiration and help in them.

We give thanks for the blessings that each year has brought, and we look forward with joyous anticipation to new inspiration and unfoldment, new opportunities to serve God and you in the fellowship of Truth.

Silent Unity, the healing department of Unity School, is happy to minister to every person desiring help through prayer. Requests addressed to Silent Unity, 917 Tracy Ave., Kansas City, Mo., will receive immediate attention. Compensation is by love offerings.

## *Before the Mirror*

**W**ERE WE to view ourselves occasionally in the mirror of Truth, we should catch glimpses of that which we are in Spirit. Those who think of themselves as covered with personal blemishes would find in the mirror of heaven a reflection of themselves revealing their perfection in God, for in Truth they are perfect. Their faces would be freed of all traces of impurity and disease, and they would see themselves changed into expressions of that beauty and loveliness which they have in Spirit. "We all, with unveiled face beholding as in a mirror the glory of the Lord, are transformed into the same image from glory to glory."

Secretly in our heart we entertain the belief that we are something finer and nobler than that which we appear to be to sense sight. We may meet many rebuffs in the world, but the vision of a certain spiritual nobility in us remains ever with us. We know ourselves to be sons of God, not sons of ugliness, weakness, and want. We envisage the good as true of ourselves. In practical Christianity we learn to think that we are good and happy and healthy and prosperous, because according to the Truth of God we are so. To those whose vision is fixed upon God's Truth and His mightiness there

is neither sin, evil, disease, nor lack. The one supreme fact that we must come to recognize is the reality of all things good.

There is no power in things external to withstand the power of your clear vision of omnipotent good, the omnipotence of God within you. Cultivate the eye of faith, which can behold the presence of Christ within and about you where the eye of doubt might see the appearance of disease and lack. That in you which is of God cannot behold reality in evil, cannot be weak, cannot fail.

In the mirror of Truth there are no unpleasant memories of the past. In heaven, in the sight of God, there is no record of your yesterdays. The fact of your perfection becomes apparent to you when you realize, in the light of Truth, that your seeming imperfections cannot be true in the sight of God.

As you think Truth and love in your heart so you are. As you think love so you are lovely. When you see the beauty of another's soul in your magic mirror, you will behold the revelation of your own soul's beauty. Another person's belief in your limitations cannot limit you, for in Truth you abide in the realm of God, the unlimited. Another's limiting thought about you produces no reflection

in the glass when in heaven's mirror you behold God revealing your true self to you. In Spirit you are the "untouchable"; you cannot be touched by sin or disease. God alone can touch you with His holy touch and leave upon you the imprint of the well-favored.

As you gaze in your magic mirror, see your dreams coming true, your ideals made real, your prayers being answered. Say a prayer of love to the Christ in the soul of any one who appears to be your enemy. Say to him, "Hallowed be the presence of God within you." God will answer your prayer for more love and more friends by making you the lovable person who will discover more friends. Evil will no more take root in your heart as fear, as hate, as the thought that destroys sacred friendships.

If you would be something other than the person who lives a life of monotonous hardship, you must catch the vision of yourself as you are reflected in the mirror of Truth. You must cease to view yourself in the looking glass of ugliness, despair, deprivation, and defeat. You must see yourself as God sees you—His own image and likeness.

—Frank B. Whitney (*Reprinted from Unity Daily Word, July, 1932*).



## *Lord, I Thank Thee*

AMY BOWER

I count them over gratefully,  
The many things God does for me,  
The lovely things He shows to me:

The busy days and restful nights,  
The red rose with its soft delights,  
The moon a-shine on mountain heights.

The music of a low, sweet flute;  
The strength that pulses in the root  
Below the fragrant, ripened fruit.

The garden path in sun and shower;  
The dreams that grow and come to flower  
In full perfection through His power.

My cup is full, yes, to the brim!  
And I would sing my thanks to Him,  
My humble, grateful thanks to Him.



## *Know One Another*

IT IS A tendency of the human mind to be both selective and exclusive as regards its interest in others. On first thought we may often feel that we have nothing in common with certain people; that there is no point of contact or ground of meeting; that nothing of mutual interest or benefit can result from association with them. Such is the limited conception of personal thought.

As our thought unfolds and develops it becomes more inclusive and more expansive in character. We then perceive our interdependence and our interrelationship with all people. We become aware that we are socially and economically dependent on others. For the necessities of life such as food and clothing we are indebted to a veritable legion of people from many walks of life. We thus realize that the things that add to our comfort, convenience, and happiness have been produced only outwardly by our own efforts; that they have been literally brought about through the activity of many persons.

In the course of spiritual development we transcend even this broader understanding of common interests that has been attained through the intellect. In the light of Truth we attain the realization that we are all one in Spirit. We become aware

of a spiritual unity and fellowship that underlies all outward association and contact. Growing in the realization of "one God and Father of all, who is over all, and through all, and in all," we sense an intimate and divine relationship with one another. Just as the different members of the body are integral parts of a whole, so are we parts of a whole that includes all men. Saint Paul said of this spiritual unity: "For even as we have many members in one body, and all the members have not the same office: so we, who are many, are one body in Christ, and severally members one of another."

This revelation of a great universal unity shows that the good of the individual is contingent upon the good of all. It is well therefore that we dwell together in peace and mutual understanding so that the good of all may be promoted. Conscious of the universality of mankind, we discern the artificiality of man-made social codes and the narrowness of intellectual or social exclusiveness. We see too the futility of personal rivalry and contention.

Commensurate with spiritual growth is the quickening of a love and a feeling of oneness with all persons and all things. As we grow spiritually we appreciate and understand more deeply the

feeling that evoked the poet's words:

"He prayeth best who loveth best  
All things both great and small;  
For the dear God who loveth us,  
He made and loveth all."

Jesus Christ came as a great emissary and teacher of the spiritual unity of mankind. His understanding of human nature was so deep and so comprehensive that it recognized no social, intellectual, or moral boundaries. His was the great, all-embracing love of the Christ that reaches out toward all sorts and conditions of men. His friends included both the seemingly righteous and the most despised of sinners, the rich and the poor, the learned and the untutored. As an exemplar of the cosmopolitan person He is unexcelled because of His talent for adapting Himself to all types of persons.

While we have so far paid tribute to Jesus Christ's ministry of love and service to others, we may now pause to reflect that His life was enriched and made joyous through His contact with others, that the very people He served compensated Him with their love and with the joy of human companionship and association.

Whenever a life is well-balanced and richly and

successfully lived, the individual has comprehended and practiced the principle of oneness with others instead of apartness from them.

A businesswoman once made the remark that every person who came to her office brought to her something of value and received something of value in return. Whether or not any business was transacted or any material gain resulted, she felt that both she and the caller had been enriched by the contact. It is not difficult to understand why she is highly successful in her profession. Like many other successful people, she has comprehended and applied the principle that we attract into our life only those who need our special blessing and those who are a blessing to us.

If among our associates there is some one that we may seem to dislike, shall we seek to exclude this person from our thought? On the contrary we should know that there is some way in which we can be of help to him; and that he in turn has something of good to impart to our life. Understanding of the person to whom we are not attracted is what is needed rather than an attitude that would exclude or ignore. Until we have learned rightly to appreciate him it is probable that his presence will continue in our thought and

associations regardless of our personal feelings and inclinations. Concerning those to whom we may not seem to be attracted, it may be helpful to bear in mind the words: "I will not let thee go, except thou bless me."

Understanding, kindness, and sincere interest in others pays rich dividends in the enrichment of our mind, in happiness, and even in the most practical of affairs. Two salesmen may call upon the same prospect, the circumstances in both cases being the same. But the one evinces an exclusive interest in making a sale, while the other expresses a friendly interest in his prospective patron, a consideration for his welfare, and a desire to be of the utmost service. It is obvious that the one with the broader understanding of human interest will most favorably impress the customer.

Whether or not one's work or social life brings him in contact with others to a great extent, it is still important to feel at one with people in fellowship and understanding. Understanding and appreciation of human character increases one's efficiency and value in any line of endeavor. Especially is this true in the more creative fields of work.

The literature that has lived and endured has

been the work of writers who looked so deeply into human nature and became in their thought and feeling so much at one with mankind that their ideas call forth a response in and appeal to the generations that came after them as well as their own. The art, the literature, and the music that have lived have all conveyed their message and inspiration to the human heart.

Leonardo da Vinci in his immortal Mona Lisa portrayed not the smile of one lovely woman but the smile of universal womanhood. Because he found the note of common appeal and struck a chord of mutual responsiveness, his art has lived.

As we read the Bible, Shakespeare, the works of Victor Hugo, and other great writers, we behold not fictitious characters but people whose counterpart we may recognize in ourselves and in those about us. Again we perceive the divinely inspired feeling of spiritual unity.

Because we are by nature social beings and because unity with one another is a law of life, it is inevitable that in the course of our ongoing we become conscious of our right relationship to others. However through Truth we are blessed with immediate realization of our spiritual oneness. In its light we now know that our life is

enriched and made glad not by what we exclude but by what we include, that the boundaries that exist for us are for the most part of our own making. Availing ourselves of this knowledge, let us speedily arise to bless all whom we contact—resultantly, we ourselves are blessed—with increased understanding, graciousness, and friendliness.

The rewards of maintaining a spirit of understanding and friendliness far surpass the apparent and momentary benefits gained thereby. As we open our heart to receive the gift that every soul has to impart to us, we garner some fruit of good from each.

To grow in the consciousness of friendliness and graciousness we simply allow the Christ in us to behold the Christ in others. Aware of our spiritual relationship, we know all people as friends.

Edna St. Vincent Millay expresses it thus:

"The world stands out on either side  
No wider than the heart is wide;  
Above the world is stretched the sky,  
No higher than the soul is high.  
The heart can push the sea and land  
Farther away on either hand;  
The soul can split the sky in two,  
And let the face of God shine through."



# *Today*

PEARL B. PATRICK

The glorious sun shines in the sky,  
'Neath fleecy clouds the wild birds fly,  
And all the world seems glad and gay  
That God has given us this day.

God speaks to us in voice so clear  
We cannot doubt 't is Him we hear  
In joyous brook, in jolly breeze  
That whistles gaily through the trees.

We see Him in the usual things:  
Bright skies, the flash of redbirds' wings,  
Our homes, our friends about us true,  
And all the kindly things they do.

The glorious sun shines in the sky,  
Across the heavens the wild birds fly;  
Yes, all the world is glad and gay,  
For God, the good, gave us today.



# Thursday

JUNE 1

## GOD IS MY LIFE.

**G**OD is life itself. Life in you is God. Life wherever it is found is God. The old conception of God as a person passed away when man perceived Truth. The limited God was replaced by one who is unlimited in power and capable of making man like Himself.

That animating, pulsating, vitalizing something within you is God. It gives life to that which without it would be lifeless and inanimate. It gives animation to the mind and mobility to the body.

By raising the consciousness to receive more life and by speaking the word life the individual finds that he has more life and vitality. He has simply perceived more life and consciously brought it into manifestation. The life that one has indicates one's consciousness of life. The difference between the life which one person has and that which another has is but a difference in their consciousness of life, their consciousness of God. Deny all feeling of lack of life through the realization that God is your life.

✿ *Love Jehovah thy God . . . for he is thy life, and the length of thy days.*—DEUT. 30:20.

JUNE 2

Friday

LETTING GO OF OLD THOUGHTS AND CONDITIONS, I ACCEPT GOD'S BLESSINGS OF THE ETERNAL PRESENT.

THE LESSON of Lot's wife who was turned to a pillar of salt because she stopped to look back is the lesson of what happens to those who cling to the past. Today free yourself from bondage to the past. All errors, all sorrows, all negative conditions that have kept you looking back are this day gone with the yesterday that never returns.

Each day, each hour, each moment is a new part of your eternal existence. There is no reason for clinging to past disappointments, to past ways of doing things. Clear your mind and affairs of the clutter of thoughts of the past so that you may dwell in the eternal now and accept its good.

Past successes or failures should not affect your response to the challenge of the present. You live in the present and garner the blessings of God through a constant renewing of your mind. Now is the accepted time for your unlimited good.

✿ *We should live soberly and righteously and godly in this present world.*—TITUS 2:12.

# Saturday

JUNE 3

I TURN TO THE SPIRIT OF GOD WITHIN ME  
AND RECEIVE ALL THE LIGHT I NEED FOR  
THIS DAY'S ACTIVITIES.

**D**IVINE guidance is available with respect to every question, large or small, that you are called upon to answer or to deal with. In whatever position you find yourself divine wisdom is with you, as integral a part of your being as your vital organs. It expresses itself as an inner knowing and an inner feeling, not as outer signs, phenomena, or advice. It is only necessary to be so desirous of divine leading that you pray with an open mind, a heart that is free from personal or selfish inclinations. You will know when you have received guidance by the approval that your whole being expresses.

If at first you are not sure whether you have received pure wisdom or only felt the urge of your own desires, act upon that which seems most right to you. Daily practice in following your highest thoughts and feelings will very quickly make you sure and self-reliant, confident of the right way, and courageous enough to follow it.

☛ *Thou wilt guide me with thy counsel.*—PSALMS 73:24.

JUNE 4

## Sunday

I RELAX MENTALLY AND PHYSICALLY IN THE CONSCIOUSNESS THAT GOD MAKES ALL THINGS RIGHT IN MY LIFE.

THE PEACEFUL presence of the heavenly Father's loving Spirit abides with you today. When you know that God is always with you, you know His love solves every seeming problem, and you rest in the divine assurance that all is well.

Stress and strain are often due to a belief that conditions of sickness, poverty, and unhappiness are more real than God's power to heal, to prosper, and to make happy. In the awareness that God's presence is ever with you such negative beliefs are dissolved from your consciousness. There is nothing in all the world to fear, nothing to worry about, for God is in charge of your affairs and all is well in your life and environment.

Realizing the eternal presence of God with you, you relax in every part of your body. Every nerve, every cell is relaxed. In perfect confidence and relaxed from all tension you go forth this day to meet each situation gladly, easily, and victoriously.

✿ *Underneath are the everlasting arms.*—DEUT. 33:27.

# Monday

JUNE 5

I HAVE FAITH IN GOD AND FAITH IN MY  
ABILITY TO SUCCEED.

THE PROBLEMS you may have to meet, the appearances you may have to face, are not as important as is your attitude toward them, the manner in which you meet them. You can successfully overcome every obstacle and rise to great heights by relying on God at all times. He is in the midst of you, a mighty force for good, a present help in time of trouble, a source of inspiration in time of darkness or bewilderment.

If you are not experiencing the success of which you know you are capable, you need to increase your faith in God and in your own ability. Human effort is good, but it must be reinforced with strong faith in God, strong faith in your inner power to succeed.

Take courage, face today boldly. You can conquer gloriously any and every situation or problem by relying upon God within you. You have nothing to fear, nothing can hinder your progress, for God is with you and He cannot fail.

☛ *Behold, I am Jehovah . . . is there anything too hard for me?—JER. 32:27.*

JUNE 6

Tuesday

I EXPRESS THE JOY OF CHRIST WITHIN ME IN ALL SITUATIONS.

THROUGH CHRIST you can express joy in all situations. His joy in you is a well-spring of joy that will dispel all melancholy, sadness, and depression. Look to His presence within and let His joy lift up your heart and make radiant each step of the way before you.

No matter what your task may be today, you can make it lighter by being joyful as you do it. Through being joyful and happy you let the Christ love and power work through you to bring still greater joy and happiness to you. Gloom and depression cast the heart down and shut out the light and beauty of God's world. Be cheerful and happy, for that is God's will for you.

As you this day bring forth your Christlike quality of joy you will not only change your whole outlook on life, but you will increase your faith and express more love and kindness toward others. Thus you will bring your good to you.

✿ *These things have I spoken unto you, that my joy may be in you, and that your joy may be made full.*—JOHN 15:11.

# Wednesday

JUNE 7

MY FAITH IS IN GOD AND HIS ETERNAL LAW  
OF JUSTICE.

THERE IS an immutable law of justice to which every man-made law is subject, the harmonious result of which can be realized by any one who with a sincere heart will say, "Father . . . not my will but thine, be done."

God's law is impartial in its action, and kindly in the establishment of that which is righteous and true. It is given to us to invoke the power of this law at any time by declaring the Truth and by conforming our own thoughts and actions to its principle of love and tolerance. According to our faith and trust we can bring forth a blessing from the most inharmonious situation.

Today surrender every thought of contention or injustice to God in the assurance that His verdict will carry a benediction of love and justice. Rest secure in the good that is rightfully yours, for heaven's law is your guide and your invulnerable protection.

✿ *Justice and judgment are the habitation of thy throne: mercy and truth shall go before thy face.—PSALMS 89:14 (A. V.).*



JUNE 8

Thursday

I NURTURE THE CHRIST IN ME BY FEEDING  
UPON THE SINCERE WORD OF GOD.

**M**AN'S consciousness, awakened to the realization of the Christ presence within, needs tender care lest it be tempted to neglect or forget the new-found blessing.

During the Christmas season we joyfully proclaim that Christ is born anew in us. Has it ever occurred to us that this spiritual birth brings to us just as great responsibility in a spiritual way as does the birth of a babe in a physical way? As a child must be fed on pure food if it is to develop a healthy body so must the new spiritual life be nourished by "the sincere milk of the word." Jesus Christ, the Word made flesh to dwell among men, "advanced in wisdom and stature, and in favor with God and men," we are told. His spiritual growth was due to His feasting on the word of the Father, and thus He gave us the example of how to manifest the Christ, that we too may learn to speak "as *one* having authority." In all faith and diligence then let us feast on the word of God.

✿ *As newborn babes, desire the sincere milk of the word, that ye may grow thereby.*—I PETER 2:2 (A. V.).

I AM NO LONGER AFRAID, FOR I SEE BEYOND APPEARANCES TO THE PERFECTION OF SPIRIT.

IT HAS BEEN said that we fear only that which we do not understand. Children believe in ghosts and goblins; primitive man believed in all sorts of preposterous beings. We, who are wiser, have put away these childish and primitive fears.

If we had been born blind in a world of the blind, darkness would be very real to us. If any one tried to tell us that it was unreal, we should probably disbelieve him. Yet we who can see know that darkness is merely the absence of light. The shadows that fill our mind are just as unreal. The light of spiritual understanding reveals them to be false beliefs.

The way to courage is to quicken the understanding. The more we know about God's good world the more we realize that we have nothing to fear. As we look beyond appearances, we see that there is only one presence and power in life, God, the good omnipotent.

☛ *Thou man greatly beloved, understand the words that I speak unto thee, and stand upright.*—DAN. 10:11.

JUNE 10

## Saturday

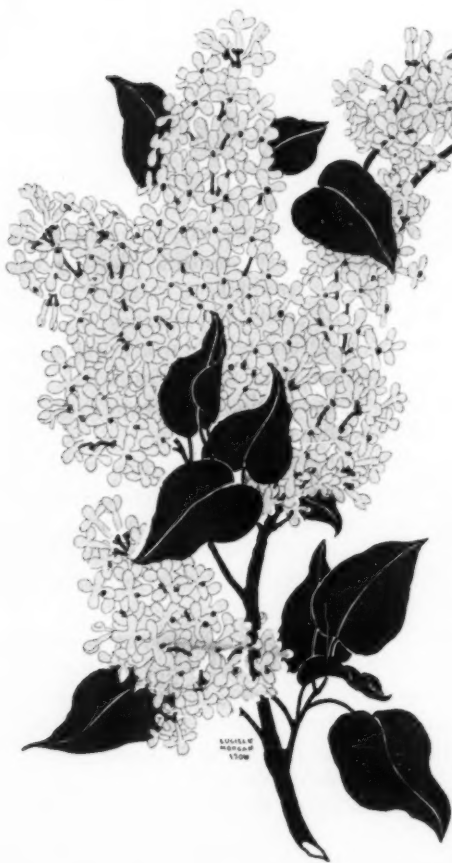
GOD GIVES GENEROUSLY, I ACCEPT GRATEFULLY, AND MY GOOD IS BOUNTIFULLY INCREASED.

WE INCREASE the outer manifestation of our good when we accept joyously and gratefully every smallest blessing that comes to us. There is available to us at all times a limitless reservoir of spiritual substance, awaiting only the formative action of our word of faith to bring it forth into tangible, usable form. The only limitation as to amount, the only obstacle to our receiving, exists within ourselves.

If our faith reaches out in eagerness and willingness to believe and accept, blessings quickly and unfailingly appear. But if halfheartedness or condemnation or doubt finds lodgment in consciousness, the outflow of faith and inflow of substance is dammed up.

The remedy is to believe in the one ever-present substance, to appreciate and bless and use joyously whatever portion of it appears in our life, and to abide in the realization that more will come forth, sufficient for every need and even to spare.

✿ *God gave the increase.*—I COR. 3:6.



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# BEAUTY

ere's be in the sunrise when morning skies are gold;  
ere's be in cathedrals tall when bells are softly tolled;  
ere's be in a summer shower when raindrops seek the sun  
d leave in bow bridge across the earth when day is done.  
ere's be in the lilac scent that haunts the breath of spring;  
ere's be in the miracles that changing seasons bring.  
ere's be in the trustfulness of seeds beneath the sod;  
ere's be in the reverence of hearts that look to God.

ere's be in the mystery that fills a baby's eyes.  
ere's be in the love that gives and feels no sacrifice.  
ere's be in the sweep of fields, dew-drenched and misty green;  
ere's be in the high-flung hills with white clouds in between.  
ere's be in courageous souls that would hard goals attain,  
at rise strength and fortitude and sing with joy again.  
ere's be in a cheerful smile, in deeds of kindness too;  
ere's be in the warm handclasp that makes a friendship true.

ould all thy planned for you by God omnipotent;  
magic transform your life, for it is heaven-sent.

*Priscilla Drennen*

# Sunday

JUNE 11

THROUGH CHRIST IN ME I AM MASTER OF MY  
LIFE AND AFFAIRS.

**I**F LIFE seems to you to be a ceaseless struggle and an intolerable burden, it is because you fail to exercise your God-given authority. You are allowing circumstances to dictate to you and as a consequence you are like a ship without a rudder, drifting with the wind of adversity into ports of inharmony and discontent.

"Awake, thou that sleepest," and assume command of your destiny. Dominion over every issue of life is included in your inheritance from the Father; as you use this power under the guidance of your inner wisdom and righteousness you become master of, instead of a slave to, adverse situations. Thus you allow only good to come into your consciousness and to manifest itself in your world of affairs, in your associations with other persons, and in your physical being.

Go forward today happy in the knowledge that you are no longer subject to the caprice of chance but assured of a life rich and full.

✿ *Is it not written . . . I said, ye are gods?*—JOHN 10:34.

JUNE 12

Monday

TODAY I SERVE BOTH GOD AND MAN FAITHFULLY, JOYOUSLY, AND LOVINGLY.

**H**E WHO best understood mankind said that whoever would be first should be last and servant of all. Strange words these, but wise and understanding ones, for loving, generous service is the secret of success.

Today in all that you do serve with a willing heart, serve diligently and faithfully. Service given according to your understanding, your capabilities, your place in life is true service. If you have good ideas that would help others, use them today. If you have kind, loving words in your heart that would make life brighter for some one, speak them today. If you should like, but hesitate, to do little deeds of service for others, do them today.

In giving of yourself you will find your own understanding enlarged, your own capabilities increased, your own life made richer, fuller, happier. Compensation both in inner peace and satisfaction and in outer prosperity will be yours as you radiate a spirit of love and devotion and helpfulness.

☛ *Ye are . . . my servant whom I have chosen.—ISA. 43:10.*

## Tuesday

JUNE 13

AS I REALIZE THE PRESENCE OF GOD WITHIN ME, I REALIZE PERFECT HEALTH.

**G**OD is ever near, within, and about you. God is the very essence of your being. Since God is perfect, since God is the very essence of your being, you too are perfect. "Ye therefore shall be perfect, as your heavenly Father is perfect."

It is natural to be healthy. God's will for you is perfect health. Realize this. Think in terms of health. Speak words of health. Realize that your very body is the temple of the living God.

Your life, your body, is far more divine than it appears on the surface. You are spiritual. You are heir to God and to all that is like God. Bless your body, bless every part, every member of it; thank God for it. Praise God for the health, strength, and joy that are yours.

As you fully understand the true nature of God and your relationship to Him, and develop an abiding consciousness of His indwelling presence, your constant, abiding health is assured.

✿ *Know ye not that ye are a temple of God, and that the Spirit of God dwelleth in you?—I COR. 3:16.*



JUNE 14

## Wednesday

GOD HAS CHOSEN ME TO BE AN AMBASSADOR  
OF GOOD WILL AND CHEER.

IN THIS age as perhaps never before the world needs ambassadors of Truth, those who will speak silently and aloud words of peace, love, light, and good will. Nineteen hundred years ago Jesus Christ proclaimed liberty, freedom, and good will to all men. Whatever the challenge today, we too must and can do the same work that He did. To do this is to be about our Father's business, as Jesus instructed.

Through the thoughts of peace we think daily, the words of love we speak, and the righteous and noble deeds we do we become true ambassadors of God and help the sons of men. Thus we promote harmony and order in all situations, and we are rewarded with eternal glory from the Father.

With a high vision and strong faith we go forth as a mighty army, each an ambassador of good will in his own country, business, home, and surroundings, furthering individual and universal understanding and good fellowship.

✿ *And into whatsoever house ye shall enter, first say, Peace be to this house.*—LUKE 10:5.

# Thursday

JUNE 15

## I FIND JOY IN DOING GOD'S WILL.

**I**F YOU have thought that doing the will of God might bring suffering at times, realize the Truth that His will is good only. If you have believed that surrender to His will is an indication of weakness, know that in Truth it reveals your wisdom and opens to you new strength.

To do the will of God is to do the will of Him who created you. It is to recognize His superior intelligence as the most practical source of guidance in your affairs. When you recognize God as the true source of wisdom, how joyous it is to do His will! With your human intellect you may determine a certain course of action, but how wonderful it is to realize that He has a perfect plan for you!

The will of God for you is health, success, and happiness. Since He created you, He is completely familiar with your needs and your desires. He understands your individuality of soul and He knows the way of your greatest good. Lovingly surrender yourself to Him that you may be blessed. He knows the way of your abundant happiness!

✿ *I delight to do thy will, O my God.*—PSALMS 40:8.

JUNE 16

*Friday*

I GROW DAILY IN WISDOM AND UNDERSTANDING THROUGH AWARENESS OF THE SPIRIT OF TRUTH WITHIN ME.

WISDOM is indeed a priceless gift, and its value is above rubies. Through the ages men have ever sought and desired wisdom. Schools, books, the arts and skills of various kinds, all reveal a degree of the Truth. Even more than this, contact with them trains and prepares the mind for receptivity to wisdom. While these factors are important and helpful in our development, it is primarily within ourselves that we must seek wisdom and Truth.

Jesus Christ promised that the Spirit indwelling should teach us all things and bring all to our remembrance and understanding. As we commune with the Spirit of truth in prayer and meditation, our minds become quickened with the enlightenment and understanding we have sought. Through Truth we perceive the answer to all the questions we may have raised, and we are divinely guided concerning the issues of life. Spiritual understanding is the primary source of all wisdom.

✦ *He shall teach you all things.*—JOHN 14:26.

# Saturday

JUNE 17

THROUGH THE BENEDICTION OF GOD'S LOVE  
I LIVE IN A WORLD FILLED WITH SECURITY,  
PEACE, AND LOVE.

**G**OD is love. His love, now quickened and exalted within you, inspires you to dedicate your heart to Him and to radiate love at all times. God's omnipotent love welling up in your heart enables you to react to all situations from the standpoint of love. Every unkind thought and ignoble intention is erased from your mind. You live in conscious oneness with divine love.

God's gracious love purifies, heals, redeems, and prospers you. It forgives past mistakes, dissolves inharmonies, and draws the goodness of God to you. Love attracts friends to you and you are no longer lonely or unhappy. Abiding in the tender, all-pervading love of the Father, you become gracious, kindly, and considerate. These qualities expressed by you help to rekindle in others the wonder-working love of God.

✿ *Know the love of Christ, which passeth knowledge, that ye may be filled unto all the fulness of God.—EPH. 3:19.*

JUNE 18

## Sunday

I GIVE THANKS THIS DAY FOR THE MANY BLESSINGS THAT MY HEAVENLY FATHER HAS BESTOWED UPON ME.

**A**LTHOUGH this day has been set aside as a special day for expressing our appreciation and love for our earthly fathers, we should not forget to give thanks every day to our heavenly Father. He is constantly pouring out His bountiful blessings upon us, and as His appreciative children we in turn should continually give thanks for that which we have received.

One of the surest ways to bring forth our good is to give thanks even before we receive our blessings. In this way we express our love and faith, and insure our good. So let us each day be faithful in sending forth our praise and thanksgiving for blessings both manifest and not yet manifest.

Make part of your silence period a period of joyful thanksgiving for the good that you momentarily receive from your heavenly Father. Be lavish in your praise, for He is most lavish in the blessings His love bestows upon you.

✿ *Giving thanks always for all things in the name of our Lord Jesus Christ to God, even the Father.—EPH. 5:20.*

# Monday

JUNE 19

BOTH THE WITHIN AND THE WITHOUT NOW  
GLORY IN THE LIGHT OF THY SPIRIT.

HOW VERY barren and unlovely would be this world were it not for the glorious light of the day that gives life and radiance to all things, and for the lesser forms of light by which the shadows of night are offset!

Yet neither *the* sun nor artificial light is as bright as the light that shines forever radiantly clear at the heart of your being. That light is the light of Spirit implanted within you when at creation God said, "Let there be light." That light is the light that illumines every cell in your body. Your whole body, including every brain cell, is filled with this light.

Rejoice in this inner light and let it shine through your thoughts, your spoken words, your relations with others, your body temple, your outer affairs. Then not only will your own life be illumined and blessed but you will be a radiating center of light to others, and thus glorify God in your living.

✿ *Now are ye light in the Lord: walk as children of light.*—EPH. 5:8.

# Affirmations

USED BY THE *Society of*  
*Silent Unity . . . . .*

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JUNE 20 TO  
JULY 19

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Daily at 11 a. m. join us in this thought for spiritual  
**ILLUMINATION . . .** *Both the within  
and the without now glory in the light  
of Thy spirit.*



At 9 p. m. each night let us acknowledge the power of  
Spirit for  
**HEALING . . .** *I join with all the  
hosts of heaven in declaring that only  
the good is true, and that good health  
everywhere is made manifest.*



At high noon each day concentrate your attention on this  
thought for  
**PROSPERITY . . .** *The rich substance  
of the kingdom of God is pouring its  
plenty perpetually into my mind and  
affairs, and I am in all ways prospered.*

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Tuesday

JUNE 20

I JOIN WITH ALL THE HOSTS OF HEAVEN IN  
DECLARING THAT ONLY THE GOOD IS TRUE,  
AND THAT GOOD HEALTH EVERYWHERE IS  
MADE MANIFEST.

**G**OD, BEING good, created only good, therefore only good is real and true. Only good health, enduring strength, a poised mentality, and a perfect body temple are real, since they are the creation of the Father. Any condition that seems not good is but a false creation, built up by man's forgetfulness of his real perfection.

The remedy for any seeming ill therefore is remembrance of that inner life which is eternal, that inner strength which knows no weakness, that inner good health which God implanted in His creation.

Let us join "the heavenly host"—those inner realms of thought that connect us with Spirit—in proclaiming the one presence of good. Then everything not good will vanish, and we shall know not only that perfect health is ours but that life and strength and wholeness are within every person, that good health everywhere is the one reality.

• *God created man in his own image.*—GEN. 1:27.



JUNE 21

Wednesday

THE RICH SUBSTANCE OF THE KINGDOM OF GOD IS POURING ITS PLENTY PERPETUALLY INTO MY MIND AND AFFAIRS, AND I AM IN ALL WAYS PROSPERED.

EVERYTHING visible has been formed out of a substance that is invisible but everywhere present. This invisible, all-penetrating substance is the very substance of God and is the source of all that is. Whatever we may desire or need is already existent, although we may not be aware of it.

If you desire greater prosperity, if there is any blessing you desire in your life, increase your consciousness of omnipresent substance. Know that God's substance is within you, above you, around you, permeating your mind and body and all the world about you. As you become aware of that all-pervading substance, it will take outer shape and form and manifest itself for you in the ways that you desire and need. If you are seeking work, if you wish more money, open your consciousness to the perpetual inflow and outflow of substance, and you will be truly prospered.

✿ *I have found me out substance.*—Hos. 12:8 (A. V.).

## Thursday

JUNE 22

THE SAME SPIRIT THAT WAS IN CHRIST JESUS  
IS IN ME, AND I AM FILLED WITH STRENGTH  
AND COURAGE.

WHEN WE realize that God is with us, upholding and sustaining us, we cannot falter in our progress toward the goal of perfection. What if there are seeming obstacles in our path, what if seemingly insurmountable problems do loom sometimes, as long as we have the conviction that His Spirit within us is mighty to solve every difficulty?

The divine assurance is "I will in no wise fail thee, neither will I in any wise forsake thee." When therefore we have something to overcome, let us meet the challenge with courage. Within us is the power, and when we keep our hearts strong and steadfast and our vision fixed upon the fulfillment of His promise we cannot become discouraged. The same unconquerable Spirit that was in Christ Jesus is in us, filling us with overcoming power, mastery, strength, and ability. Let us face each day fearlessly, and go forward in courage and faith.

✿ *Be strong and of good courage.*—JOSH. 1:6.

JUNE 23

Friday

NO NEGATION CAN TOUCH ME BECAUSE I  
BELIEVE IN THE OMNIPRESENCE OF GOD, THE  
GOOD.

**E**VIL CAN affect us only when we of ourselves give it power. When we believe that something other than the good can enter our world and bring us inharmony, disquiet, lack, or imperfection, we are lending ourselves to a false idea. The very desire to know Truth and to be set free from erroneous beliefs is positive proof that we are open and receptive to new joys, new blessings, new peace.

Trust in God's omnipresence erases all thought that anything less than God's good can influence our life. We rejoice in the knowledge that there is but the one power, the one presence, God, the good ever present. In God and in His goodness we find light, peace, and enduring happiness. In Him we find protection, security, and wonderful blessing.

Let us declare our belief in the omnipresence of God, let us affirm our oneness with His good!

✿ *When he knoweth to refuse the evil, and choose the good.*—ISA. 7:15.

DIVINE ORDER PREVAILS WITHIN MY MIND  
AND BLESSES MY WORLD WITH HARMONY.

**T**HROUGHOUT ALL the universe there is a definite plan, an intelligent principle, and a perfect rhythm. In the natural world we witness the manifestation of divine order in the rotation of the seasons, in the recurrence of day and night, in the activity of the elements, and in the development of various forms of life.

As God's highest creation man is even more susceptible to the principle of divine order. Each of us has been blessed with God's crowning gift of intellect, through which we may attune ourselves to the divine plan and purpose of order.

As our thoughts are brought in accord with the all-prevailing principle of order, we know that infinite intelligence directs our life and affairs and that circumstances have no power over us. We are not children of chance but of purpose. Through the consciousness of divine order we live in a world of beauty, harmony, and peace.

*And to him that ordereth his way aright  
Will I show the salvation of God.*

—PSALMS 50:23.

JUNE 25

## Sunday

TURNING FROM OUTER THINGS, I TURN TO  
GOD.

SILENT communion with the Father within is the Christian metaphysician's method of prayer. Jesus taught a manner of prayer that is quite unlike that of the ordinary man. Those who think of prayer as a supplication to some external being or who think prayer is a sort of emotional appeal to some power to change its laws will find in the silence something new to them but something that has been understood and practiced throughout the ages. It is the prayer of the inner chamber.

When we know that God is not a being apart from us but is Spirit within, naturally prayer will be directed within and not without. The weakening practice of directing the attention without will then give way to the strengthening that results from rising to a consciousness of the higher self within. It is only from the inner consciousness that external things may be viewed in their true light and in their true relations.

✱ *When thou prayest, enter into thine inner chamber.*  
—MATT. 6:6.

# Monday

JUNE 26

BY THE POWER OF SPIRIT I RISE ABOVE LIMITATIONS, AND I LIVE TODAY AS SPIRIT DIRECTS.

**P**AUL TELLS us to "live by the Spirit." The fruits of the Spirit are love, joy, health, peace, happiness, and plenty. As you consciously desire the spiritual life your attitude toward yourself, your world, your neighbors, and your friends undergoes a complete change. It is this changed attitude of mind that shows clearly your spiritual growth.

In this new life of Spirit all belief in weakness, suffering, lack, and inharmony passes away and you behold only the goodness of God as omnipresent and omnipotent. As you reach out to enlighten and uplift others you climb higher toward your own spiritual attainment.

Worry, doubt, and fear become unknown to you when you live as Spirit directs. Realizing the Spirit of God as everywhere evenly present, the whole universe revealing His goodness, the darkness of error becomes lost in the light.

✿ *If we live by the Spirit, by the Spirit let us also walk.*  
—GAL. 5:25.

JUNE 27

## Tuesday

MY MIND IS ONE WITH THE CHRIST MIND,  
AND MY THOUGHTS ARE ILLUMINED AND  
UPLIFTED.

**B**ECAUSE THAT same mind which was also in Christ Jesus is in you, you can no longer know or experience inharmony or negation of any kind. Divine Mind knows nothing of these things. Divine Mind knows Truth, and only the good is true.

Because the mind of Christ Jesus is in you, you may now fully know and freely enjoy the qualities of that mind. The attributes of Divine Mind are life, joy, peace, substance, wisdom, all the good that you can ever conceive or desire.

Through the power of the Christ mind your every faculty is quickened and renewed. Divine Mind is quick in perception, comprehensive in understanding, accurate in judgment, retentive in memory, and orderly in functioning. As your thoughts are spiritually attuned, you may draw upon the resources of Divine Mind and summon its power to bless and inspire your undertakings.

☛ *Have this mind in you, which was also in Christ Jesus.*  
—PHIL. 2:5.

# Wednesday

JUNE 28

I KNOW THE CHRIST TRUTH ABOUT EVERY SITUATION AND I JUDGE WISELY AND WELL.

**Y**OU ARE endowed with the Christ consciousness through which the truth about any situation may be known. God in you is just and wise, and you are the very highest expression of His justice and wisdom. No situation is too difficult for you when you know this truth. You have power through Christ to judge, to discriminate, and to decide.

You cannot accept error for Truth when good judgment is exercised. You cannot walk away from your highest good when the light of your good judgment points the way to you.

Judgment reveals one way, one choice, one decision. If a choice or distinction has to be made, judgment makes the choice unmistakable; one passes the byroad without seeing it; the light of Spirit goes before and reveals the way. Learn to rely upon your judgment and to know that it is a safe guide when centered in Christ. Christ in you quickens your judgment and directs your feet.

• *Ye shall not be afraid . . . for the judgment is God's.*  
—DEUT. 1:17.



JUNE 29

## Thursday

I FREE MY EYES FROM EVERY THOUGHT OF LIMITATION, AND THEY ARE MADE CLEAR, STRONG, AND PERFECT.

**I**F YOU find that your eyes are not serving you as well as they have formerly, perhaps it is time for you to consider the kind of thoughts you are holding about them. Have you allowed the idea of advancing age to replace the truth of your eternal, ever-young, constantly renewing life in Spirit? Have you slipped into the race belief that your eyes are subject to strain and overwork?

Now is the time to begin blessing your eyes with a conscious realization of the Truth about them. In the God idea back of your "soul windows" they are strong, clear, and perfect. They are free, open, and alert to behold all the goodness and beauty created and placed in the world by a good and beautiful Father. Think of your eyes as obedient servants of a mind that ever sees the perfection of all things in Spirit, the radiation of a shining soul that continually sends its light through them to illumine and bless.

✿ *The lamp of the body is the eye.*—MATT. 6:22.

*Friday*

JUNE 30

I DWELL IN THE CONSCIOUSNESS OF ETERNAL  
YOUTH NOW.

**A**LWAYS THERE has been in man an inherent and natural desire to attain eternal youth. This desire is itself the intimation of its fulfillment. Were there no way of attaining it, man would not instinctively feel that lasting youth is his right.

Men of science teach that the physiological, psychological, and chronological ages of man may be greatly at variance. Frequently a person of mature years is more alert in thought and more active in body than one much younger in years. The interest and zest for life have sustained him in youth and vigor.

Jesus Christ lived gloriously among men as the very god of youth. As metaphysicians we know that Christ within us is our true self, eternally and radiantly young. Through awareness and expression of the indwelling Christ, we are sustained in the realization of eternal youth. Because His spirit of youth is quickened within us, our mind is refreshed with inspiration and our body renewed.

✿ *Thy youth is renewed like the eagle.*—PSALMS 103:5.

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The June issues of WEEKLY UNITY will carry a series of four prosperity articles by Gardner Hunting. They are:

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Unity

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Lord, I Thank Thee (Poem)

Know One Another

Today (Poem)

Beauty (Poem)

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## *Daily Lessons for June*

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